

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Conor Griffin
38.	51	Luke Robinson

Run1	00:04:58
SkiErg	00:04:33
Run2	00:05:10
Sled Push	00:01:41
Run3	00:05:20
Sled Pull	00:02:42
Run4	00:05:20
80m Burpee	00:02:31
Run5	00:05:27
1000m Row	00:04:34
Run6	00:05:28
Farmers carry	00:02:16
Run7	00:05:29
Sandbag Lunges	00:03:10
Run8	00:05:32
Wall Balls	00:03:56
Run Total	00:42:46
Total time	01:08:14